Session with Suzanne Giesemann and Sanaya
Unity of The Villages
Summerfield, FL
November 1, 2015

Before the session started, Suzanne shared highlights of some recent readings and synchronicities. Suzanne's husband, Ty, shared a stunning synchronicity that occurred when he was hiking part of the Appalachian Trail recently. You can read about this experience in Suzanne's News and Musings Blog in the post entitled, "Still Here."

Suzanne gave a brief overview of how she blends her consciousness with her group of guides called "Sanaya." You can read more about Sanaya at: http://www.suzannegiesemann.com/whoissanaya and read Sanaya's daily messages at: www.SanayaSays.com

The song enjoyed before the session was "Om Kumara Mantra" from Deva Premal and Miten's CD, *A Deeper Light*. The song enjoyed after the session was, "If Not for Love" by Karen Taylor Good and J. Martin.

All notes in italics are inserted after the session to help the reader have a clearer understanding of the words spoken and the experiences shared.

"This one" refers to Suzanne.

Many thanks to Bev Garlipp for this transcript.

The next Special Session with Sanaya at Unity of The Villages will be held on Sunday, December 6, 2015 from 7-8:30 p.m. It is open to the public.

The recording of this session with Sanaya is available for listening and download at: http://www.suzannegiesemann.com/sessions-with-sanaya-2

Sanaya: Good evening.

Attendees: Good evening.

Sanaya: We have been having a conversation with this one during the song (*played just before Sanaya began speaking*). Perhaps some of you have felt as well your hearts opening with the vibration of the music. Music has a tendency to do that to the human body, but only my friends, a certain type of music. There are types of music which condense the human energy, bringing you down. You would understand this from

listening to the music enjoyed by younger generations of which you were a part at times. As you grow older in physical age and as the soul grows wiser, your taste in music changes, does it not? As you - your vibration – changes, that which to you in the past was harmonious becomes a bit disharmonious and your entire life becomes one of seeking harmony. Musical analogies which make sense to you at an energetic level.

All of life is about coming into alignment with your true self – who you really are. How many times have you heard us use these terms: "Your true self," "Who you really are"? You can read this in many of your sacred texts. Who are you really? Have you looked in a mirror recently? That human being, the face that gazes back at you is not the real you. Yes, (it is) very real when viewed from this level of the physical world, but who is the one doing the gazing? (*The real you is*) the one inside who does not age.

It is the mind of you that looks and says, "Where did that wrinkle come from? Where did that grey hair come from? That does not match how I feel inside." Have you not experienced this - most of you present this evening? It will continue, and we wish to tell you it will only get worse. (*laughter from attendees*). Until of course, you awaken a bit more to that so called "true self" who is inside. The more you awaken, the less you care about the wrinkles and the grey hairs. There will always be that side of you that is concerned about the appearance, and we wish to tell you that is perfectly alright.

You have chosen to have this human experience for a reason … for the lessons to be learned from it. Oh, there are so many (*lessons*), and aging is one of them – one of the greatest ways that you learn through the pains, through the trials, through the bumps and bruises, through the falls, through the illness, through the deaths, through all of those challenges of being human.

As you look in the mirror and you see the wrinkles and the grey hairs … celebrate all of the opportunities that you have had to grow, to learn. Ask yourself each morning, "Have I taken advantage of these opportunities? Have I seen them for what they are, or have I complained and said, 'Woe is me.' Why have I had such a difficult life?'"

Awakening is the process through which you come to realize that all of those bumps and bruises happen to you for a reason. When you can see the growth that has resulted from them, then you will not mind them so much. Most certainly you would wish that life had been easier, but you begin to have an understanding that that is life and that is how it is.

You did sign up for life. Perhaps not for the desperation and the tragedies as some of you have undergone. The more you awaken, you realize that there is another aspect of you, not just the one who is the body looking back at you, but the ageless, timeless one that is you. It is that part of you, that aspect of you, that consciousness, that awareness that never changes that is simply aware of the changes flowing, for life flows ever onward. It goes and you cannot stop it.

It is the one gazing at the changes without emotion, without thought, without the action, that is the real you. When you can come into alignment with that aspect of you—that ageless, timeless aspect that is not knocked about by the emotions, by the thoughts, by the constant changes—then you find the illusive peace.

It is that aspect of you that merely observes and, yes, it is that aspect of you that can remain in a state of compassionate detachment. May this be your goal as you understand that it is possible to go through the ups and downs – the challenges, the tragedies and the high points of the human experience – fully appreciating it, fully participating in these experiences, but knowing that at any time you can identify yourself with the timeless, ageless you and merely allow the changes and the tragedies to flow through you.

Can you imagine being in a state of consciousness where the worst imaginable tragedy occurs to you and you do not react in the human way? You sit back and you allow it to happen through you. This is a state of awareness that few human beings achieve, but it is possible. You can achieve varying levels of this. You can get to the point where a tragedy which would wipe out the legs from under another would merely cause you to take a seat for a while instead of completely losing your footing.

Why is it that some completely crumble at a tragedy and others as you would understand it, “hold it together?” What is it that they are holding together? The awareness that all of human life is temporary, ephemeral, passing like the clouds through the sky … like the weather that is constantly changing. Those of you who study your meteorological patterns understand that weather comes and goes and it does so in cycles, does it not? There will always be good times and bad times as long as you are in human form, as long as you are aging.

The more you identify with the self as only human, the more you suffer. Are you not tired of suffering? You need not suffer quite so much. You need not suffer at all. You are human, and you are awareness, and so it is aligning the two and making a choice. How much suffering can you bear? How much suffering do you choose to undergo?

The choice, once you awaken, once you gaze in the mirror and see that there is awareness gazing back at you, and like the two mirrors that face each other … it is infinite … you are infinite ... when you get to the place where you see yourself as the infinite being …the suffering ceases. Is that not an attractive notion? It is possible for all of you, but if you are not yet there, we ask you not to berate yourselves. First, we introduce to you what is possible. We show you how it is possible, and it comes with the awareness that you are awareness itself. With this awareness comes the awareness that you always have a choice how to react when life happens through you.

Do you identify as the human being with the name and roles and stories that you have agreed to enact in this lifetime? Do you identify with pure awareness which has as its essence, as its essential quality, one thing my friends … love? Has there yet been a session where we have not spoken of love? It is impossible for us to share with you without coming back to the basics that that (*love*) is who you are, and the more you bring your thoughts and actions to a place of love centered in the heart and not in the head, then the more you are aware of yourself as awareness ... a pure open vessel full to overflowing with love, yet, at the same time—and herein lies the paradox--completely empty. Of what? Of thought, of emotions.

Perhaps this sounds boring to you (*to be empty of thoughts and emotions*), but that would be identification with the human side who does so enjoy the emotions and the waves and being tossed about. We wish to assure you there is a part of you that does not get tossed about. When you tire of the tossing about and the pain and the suffering, you can always retreat to the place where there is no weather – where there are no storms – in the sanctuary of your own heart.

The heart is the bridge between the two aspects of the self … the human side identified with ego and pure awareness.

Now we wish to speak a bit about "perfection." This perhaps is a quality that some of you are familiar with, for you seek it constantly. You would call yourself a "perfectionist." This one understands that quality, and we are beating her about the head (*attendees laugh*), and we tell her what we have shared in the past: that the perfect human is the being who realizes that the perfect human is imperfect. We will repeat this again so that we do not have to knock on your heads as well: A perfect human being is the one who realizes they are imperfect.

You may all relax now (*attendees laugh*).

You understand you do not have to be perfect. You did not come here to be perfect. You came here to make mistakes. That's why you are here. That is how the human being learns and grows. We love you for your imperfections. We rejoice in your imperfections and we rejoice even more as you relax and appreciate your perfect imperfections. Make mistakes and learn to laugh at yourselves, but grow from them. Make a resolution to learn from your lessons, to learn from your imperfections. Make adjustments as necessary … not to achieve perfection, but so that you will not suffer in the future. The more you aim at a state of achieving a state of no suffering, the fewer human mistakes you will make.

We challenge you to find a human being who has yet achieved a state of pure perfection. It does not exist. As long as you are human, you will be imperfect and it is all perfect. We hope that you feel the peace that comes with this. Some of you need permission to

be imperfect. Some of you were raised by others who did not understand this and demanded perfection or gave you the false belief that you would be loved more if you did not make mistakes. That is a falsehood. They were speaking from a place of ignorance of the role of the human being.

You are here, once again we tell you, to learn from your mistakes, to appreciate them, to see them for what they are. They are also like the storms and the clouds that float across the sky. You can look at them from that place of pure awareness and say, "There goes another lesson. I could have perhaps handled that one a bit better. Next time I will, but I am not perfect, and isn't that perfect?"

We love you all so very much. We will answer a few questions. Is there one?

(*pause*)

Before we answer a question, we wish to tell you that at any point if you find yourself wishing to control a situation - perhaps there is one of you in the room who has tried to do this in the past – to control a situation (*attendees laugh*). You feel that you can see the outcome and you do not wish to face that outcome and so you jump in and act and you change the situation. We wish to tell you that in most cases the outcome will be worse, more painful for you, than if you had not stepped in.

Always when a situation faces you, and you wish to jump in, if you can stop yourself you can see with that foresight that you have, there is a lesson here for me. "Why is it?" we ask you to ask yourselves. "Why is it that I wish to control this situation? Why is it that I wish to insert myself and change the roles and the actions and the thoughts of others to make myself more comfortable?"

Do you understand this lesson? It is one that is common to the human experience. There is nothing wrong with it, but we wish to save you a lot of trouble, asking you once again for what? Awareness …watching the human being who is about to jump in and do something very human. Catch yourself before you try to control. Surrender control. This is very difficult for the human being. Surrender. Sit back and allow life to unfold as it will, and the lessons you will learn will stun you. Stunning lessons. This is how you grow.

And now we will entertain that question.

Questioner: I wonder why some of us are surrounded by death so constantly and others aren't?

Sanaya: The question is, "Why are some of you surrounded more by death and others are not?" This is most challenging for humans to understand that some of you did sign up and agree to have challenges in the form of death – what you understand as death –

so that you would come to understand your nature as spirit more closely and to understand more fully the transiency of life in human form versus the eternal form of spirit.

There are others who are surrounded by illness if they were to look around their lives. "Why is it that I have so many in my life with cancers and with handicaps and the like?" There would be others who are surrounded by family relationship challenges – more than their share.

You are focused upon these deaths for that is where your major learning takes place. There is no human who can escape the lessons that come through the natural transitions of death. I would say to you that if that is your challenge, you would be well served by sitting in the silence and asking of your guides, "What is the lesson in this particular series, this pattern, in my life - of this particular challenge? How can I use that for my own soul's growth?"

Of course this advice applies to those of you with the repeated relationship challenges. Ask your guides, "Why is this a recurring pattern in my life?" Those of you with the recurring illnesses – the same advice. Always the soul takes on certain challenges for learning that will help the soul and ultimately the whole.

We thank you for this question. Is there another?

Questioner: Thank you Sanaya. Is there a lesson for us in the refugee diaspora in the Middle East and Europe?

Sanaya: The question is, "Is there a lesson for all of humanity in the refugee diaspora that is happening in Europe and the Middle East?" Yes, my friend, it is to love one another as thyself … to accept into your hearts that there is no difference between one human being and another. Would you deny a family member entry into your own home if they were suffering? Yet, you put up these walls and you call them a "border" and you deny entrance to your brother, for they speak a different language and they have a different belief and they wear different clothing and they look different from you.

There is a great lesson for all of you: that you are looking upon others as "others." Were you to go into your heart, to that state of pure awareness of which we spoke, and identify with the heart of all others on a heart-to-heart basis, seeing not the human form, you could never turn away a brother. You would find room in the home for all known as refugees.

Do not feel so-called "bad" about the fact that humanity as a whole is still in a place where they do not understand this. It is all part of the perfection. Because there are those of you who question this, because there are those of you who find pain in their hearts at this situation on a global basis, you can see that the consciousness of humanity is rising. Years ago it would not have been an issue. Now it is an issue. It is coming to the surface.

The storms are passing through, causing hearts to either open or close. It is the way in which you react that causes consciousness to grow. Yes, always when you have your so-called catastrophes, challenges, tragedies, your headlines – they all serve a purpose. There is perfection in the imperfection.

We will entertain another (question).

Questioner: You mentioned no human being has ever been perfect, but wasn't Jesus a human being, and wasn't he perfect?

Sanaya: Do you remember the time when Jesus overturned tables and became very human and became very angry at others? He was quite human, my friend. You are all imperfect. It is quite alright to be human. The one known as Jesus took on human form for the experience as well and for the lessons that would come from it. He is one who has told you repeatedly, "We are alike. Learn from my lessons." You will see that he was quite human. He enjoyed a party or two, did he not? (*attendees chuckle*)

Is he not one of the most perfect models for humankind? If you wish to raise your own quality of consciousness, choose a model who demonstrated what it is that you wish to display in your humanity. If it is loving kindness, and compassion and unconditional love, then in the one known as Jesus you have a perfect model.

We have given you much to think about this evening. We are sure that we have struck some chords with some of you. We wish you to all return to your homes and go into the sanctuary in your home and in your heart and ask to be shown, "Where are my imperfections which I am not- to this point - which I have not been willing to look at? I am now willing, for I know that they are part of the perfection that is my imperfection. I am ready to see it. I am ready to reveal it. I am ready to let it be as a storm cloud that I now view and allow to pass through me. I will observe it. I will no longer judge myself. I will take from it the lessons that I have been unable to accept until this point. I will accept them and I will learn from them. I will be thankful for these lessons."

It is that simple, my friends, to heal yourself. You need first the courage to look at yourself as a human being, but now that you have been given permission to not be perfect, the journey may truly begin.

We thank you so much for joining us. As always this evening your love buoys us. We have nothing but hope for humanity. We know that you are part of a perfect system, ever growing in consciousness. Your love is felt by all of us. We return it to you in abundance.

You all have your own guides who surround you with love at all times. Call on them often when you need help walking this path that is yours. May it be a beautiful one. May you feel the joy at being human. When you can no longer feel the joy, go into the heart and

feel the peace that is always there and ask for courage. Ask for assistance to awaken, for joy is your birthright. No matter the challenges that you face, it is one of your essential qualities. May you find it sooner rather than later. It awaits you all, but you can enjoy it now rather than waiting. That is our gift to you.

We love you all so very much. Thank you for your presence. We bid you goodnight.

Attendees: Goodnight. Thank you.